



Safety

Safety office comments
on 101 Critical Days

See page 4

Award

Wing quarterly award
winners announced

See page 5

Chief

21st EMTF new com-
mand chief opens up

See page 8

Share

Program designed to
pickup Team McGuire

See page 18

Weekend Weather

Saturday:



Mostly cloudy
Chance of T-storms
High: 78° Low: 62°

Sunday:

Partly cloudy
High: 80° Low: 65°



**See 'Surgery'
on pages 12-13**



Photo by Airman 1st Class Rachel Martinez

SAMPLE THIS — Airman Katherine Stevens, 305th Medical Group surgical technician, places a biopsy sample in a sterile container to take to the lab for testing. The biopsy was taken during a routine general surgery in the operating room of the 305th MDG clinic. The same-day surgery flight performs a number of different surgeries.



Photo by Carlos Cintron

SAFE RIDING — Tech. Sgt. Keith Derr, 305th Maintenance Squadron; Col. JJ Jackson, 305th Air Mobility Wing commander; Frank Gaskill, 305th Civil Engineer Squadron; Ed Moran, 305th CES; Charles Giddens 305th CES, Master Sgt. William Mace, 305th Medical Group; and Tech. Sgt. Jeff Richards, 373rd Training Squadron, initiate the opening of McGuire's new motorcycle safety course during a ribbon cutting ceremony July 15.

McGuire Action Line

The Action Line is an integral part of the base feedback network. Use the chain of command to address your concerns first.

If you're unable to resolve the problem or concern, call the Action Line at 754-3247 or send an e-mail to action.line@mcguire.af.mil.

Please leave your name and number when you call in case we need to contact you for more information to correctly address your concern.

Did you know?

McGuire History 101

- In 1993, McGuire was involved with operations Provide Hope which rushed thousands of tons of food, medical supplies and equipment to more than 50 communities across the former Soviet Union to stave off starvation.
- A T-6 Texan trainer was presented to McGuire by the county of Morocco, and arrived on base during July 1983. The aircraft was the same type Thomas B. McGuire did his advanced flying training in.

McGuire History 101 is courtesy of Master Sgt. Gary Boyd, 305th Air Mobility Wing History Office. For more information about McGuire history, call 754-2539.

Commander speaks on housing improvements

In addition to improvements for our upcoming C-17 mission, McGuire is achieving the Air Force vision of quality of life for our people. Mr. Bill Leonard, one of our 305th Civil Engineer Squadron professionals, is working hard to advance our housing privatization project.

Under housing privatization, private developers will renovate, build and maintain our base housing for all of Team McGuire and Fort Dix.

The request for proposal is awaiting Congressional approval, and then we'll invite developers to offer their ideas for improving our housing. This approach works to our advantage because improvements will occur over the

next few years, rather than decades as it has traditionally been with military construction funding.

In addition, we've demolished some of the older homes in Falcon Court East housing to make room for a new, much more convenient, covered gas station and shoppette facility.

These improvements are important because they demonstrate our Air Force leadership's continued commitment to taking care of our people, including our families.

Since 2000, their efforts have reduced the average out of pocket expenses for Airmen from 18.9 percent of the cost of housing to 3.5 percent today through annual

increases in BAH. Air Force wide, we are on track to eliminate these out-of-pocket expenses by next year.

There's no doubt providing adequate housing and good housing allowances allow Airmen to better focus on the mission while knowing their families have safe places to live and play.

Add new construction for visiting quarters and temporary lodging, and you can see that McGuire is becoming an even more fantastic place to live. We're lucky to serve here during these exciting times.

Have a great week!

— Col. JJ Jackson
305th Air Mobility Wing commander



Best Small Paper in AMC in 2003

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*Photo support provided by the
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CC encourages Airmen to prepare for all aspects of PCSing

By Lt. Col. Eric Shalita
305th Medical Support Squadron

Summer...everyone loves it. It's a time for warm weather, outdoor activities, fun with friends and family. School is out; baseball is in and 101 critical days of summer and safety briefings are plentiful. All signs of summer everybody loves. However, there are those who live lives with upheaval, stress and sadness that summer may bring...such is the life of many military members and their families.

As summer nears, permanent change of station is on the rise. We reflect on the past, retell of deeds done and prepare for the inevitable separation of family and friends.

Much has been written about how to prepare for a PCS move. Such preparation include how to make arrangements for household goods to ensure they get from point A to point B, what to do with your pet as you go overseas, or looking ahead to the next adventure in your family's Air Force career.

What is rarely discussed is the preparation those left behind must make.

We are often told to look within our duty sections

for signs of someone amiss. As peers, supervisors, first sergeants and commanders we should also look within our families. The effort is made when members are deployed and should be extended during the high PCS season.

Military members and their family members make friends rather quickly, developing very close bonds that are difficult to break. With the high PCS volume comes the separation of friends and families. Those left behind are forced to help others cope with such separation.

Here are some tips that I've come up with to assist our families through this period.

I have not looked into the psychology of separation, nor is this a comprehensive list. However, these things can help. Listen to your children. They may want to talk about their friends' impending departures. They may be irritable, short-tempered or cranky. Let them vent and get their emotions out. If they need to cry, let them. The longer they hold their emotions in check and act stoically, the worse it may become. While they may not need advice, they may need the ear of someone they trust, respect and who has gone through this themselves. Provide closure for the child's friendships. Active duty units are full of going away parties for friends and coworkers. Have

similar events for the children. The base aquatics center (note the new name) is an ideal place. It provides an opportunity for all of the kids to say goodbye, and it sends the departing child off with the feeling that they will be missed. Keep in mind civilians who are otherwise not associated with the military may not understand what our children are going through. Military children have moved around more than most of the adults in our off-base community. Our kids go to school off base and have civilian friends as well. Be sure to include them in these type activities as well. Sometimes a phone call to a parent to explain the situation may be all that's needed.

People in the military community say military kids are tough. They are. They are forced to deal with change of scenery, temporary duty, family separations and moving. They do survive.

Overall, it is important to remain positive and upbeat.

As mentioned in the beginning, there are a lot of activities to do during summer. Therefore, have a full summer planned. When the kids are busy, their minds are not on the departure of their friends. As parents, friends and family members it is up to us to help our children through these trying times. Have a great summer and keep smiling!

Little things can add up to big bucks, don't drink life's opportunities away

By Maj. Chad Conerly
5th Comptroller Squadron commander

MINOT AIR FORCE BASE, N.D. — My addiction started in 1997 when I discovered my first Starbucks coffee shop. A friend took me there and he got a "froufrou" coffee with caramel, nutmeg, lavender, rose petals and a hug.

I just wanted a plain cup of joe.

He quickly informed me that ordering a plain coffee in Starbucks was like going into a Harley shop and driving off on a Schwinn. I didn't want to be banished from Starbucks (or from a Harley dealership), so I reluctantly tried the cafe mocha. I convinced myself that it was just coffee with chocolate and was able to leave Starbucks with my "machoness" in tact.

I played off the taste to my friend, but I knew I was hooked. I found myself sneaking to Starbucks at all hours of the day for a cafe mocha fix. At the height of my addiction, I was spending more than \$100 a month on cafe mochas.

I realized then, I had a thinking problem. I kept thinking about how much I was spending on cafe mochas. I ran some numbers and realized that over a four-year period, I spent about \$4,800 on cafe mochas. Had I invested the \$4,800 at 8 percent interest, I would have more than \$82,000 at age 70.

After that point, I started looking more carefully at opportunity cost. Opportunity cost is the cost of a given purchase in terms of forgone opportunities. My cafe mocha addiction did not just cost me \$4,800, it cost me other opportunities. My wife and I could have gone on three cruises (we're bargain cruisers), or I could have had \$82,000 more for my golden years.

Am I off cafe mochas completely? No. Opportunity cost is not about deprivation. It is

"Opportunity cost is not just about money. It's about life."

— Maj. Chad Conerly
5th Comptroller Squadron commander

understanding that financial decisions have consequences beyond the actual dollars spent. To some people, the cost of a cafe mocha each day is well worth sacrificing a cruise every few years. Comparing planned expenditures to other opportunities ensures you get maximum bang for your hard-earned buck.

Here is an example to mull over. A couple spends \$3.50 a day each on cigarettes. If they smoke from age 18 to age 70, they will spend just more than \$135,000 on cigarettes. However, if the cigarette money was invested at 8 percent interest, the couple would have more than \$2 million at age 70, just from their cigarette savings. In this example, the opportunity cost of smoking equates to a beachfront retirement home in Florida. I'm not picking on smokers. Had I maintained my cafe mocha habit for the same duration, it would have cost me more than \$1 million in potential savings.

Another example: buying used cars versus new cars and keeping them seven years versus four years can save you more than \$500,000 in your life time, even after adding in the higher maintenance cost.

I'm not saying to live poor so you can die rich. I'm recommending you analyze decisions with a whole life perspective.

Living far from family, we go "home" as often as

possible. The trips home costs us some missed opportunities, but it's worth every penny. We sacrifice some niceties to ensure our kids know their extended family. It's a personal choice. With each major decision we make, we ensure that we're willing to pass up a future opportunity for the one at hand.

Opportunity cost is not just about money. It's about life. If you golf twice a week, the opportunity cost of golfing is about eight hours of lost family time. The opportunity cost of living in a quiet country setting may be longer commutes, equating to less family time and higher fuel bills. The opportunity cost of eating in front of the TV is lost dinnertime conversation. There's nothing wrong with any of these. It's a personal choice. Just realize that every choice (opportunity) has a cost (lost opportunity).

Years ago, I set "life goals". Some were monetary but most were not. Occasionally, I review them to see how I'm doing and to make adjustments as priorities change. This "vector check" has been one of the most beneficial efforts in my life.

Like most people, when shopping for a car I want the pricey sports car. However, looking at opportunity cost and my life goals, I realize that the sports car is not a life-long desire of mine. The pricey car will not satisfy a "life goal" but may hamper my ability to retire before age 55, which is a life goal.

If you do not have long-term goals established for your life, consider doing so. Life is a one-way journey. Striving to obtain goals makes the most of your journey. Analyzing opportunity cost (monetary and personal) is a solid method to stay the course. When you reach the end of your journey, you will be no less dead than the next guy. However, you can "rest" assured that your journey had fewer potholes and wrong turns than the guy lying next to you.

Now, put down that mocha and get back to work.

News Briefs

Construction notice

Asphalt construction is scheduled on Tuskegee Airman Avenue between Pudgy Circle and East Arnold Avenue from Monday through July 30. Base civil engineers ask drivers to use extreme care while driving in that area during the construction and to watch for flagmen and alternating traffic patterns during the hours of 7 a.m. and 6 p.m. on those dates. For details, call Tech. Sgt. Terry Rembold at 754-5122 or Senior Master Sgt. Jack Buchman at 754-8328.

New Tricare contractor

Beginning Sept. 1, a new Tricare contractor will begin operating. Health Net Federal Services will replace Sierra Military Health in the Tricare North region.

Patients will notice very few changes beginning Sept. 1. Benefits will not change and patients will not have to reenroll. However, there will be several phone number changes. The new appointment line will be 1-866-DRS-APPT. Appointments will be made between 6 a.m. and 6 p.m. Monday through Friday (excluding holidays). Appointments may also be made online at <http://www.tricareonline.com>. The new customer service line for Health Net will be 1-877-TRICARE (874-2273). On-line health care information is available at <http://www.tricare.osd.mil> or www.hnfs.net.

Transition briefings will be given at the base theater on Aug. 23 and 24 at 6 p.m. with both 305th Medical Group and Health Net representatives available for questions. For more information, call 1st Lt. Doug Jeffers at 754-9376 or Tech. Sgt. Penny Rodriguez-Zimpelmann at 754-9319.

Disaster Assistance

Assistance is available for Burlington and Camden County homeowners, renters and business owners affected by the flooding last week. To apply for assistance, call 1-800-621-FEMA. Have the following information ready when calling: a phone number to be reached at, social security number, current mailing address, address of the damaged property, brief description of the damages and insurance information. For more information call the number above or McGuire Readiness and Emergency Management at 754-3055.

AMC affected in 101 Critical Days

By Master Sgt. Paul Fazzini
Air Mobility Command Public Affairs

Air Mobility Command's top officer, Gen. John Handy had called on everyone in his command to attain the goal of zero fatalities during the "101 Critical Days of Summer" safety campaign. Unfortunately, AMC lost five Airmen in June, the deadliest month the command has ever experienced, and two more in July.

According to the AMC safety director, things could get worse by the end of this month if history repeats itself.

"July is historically AMC's most hazardous month, and the summer has more ground safety mishaps than any other season," said Col. Ron Bean. "August is the second most hazardous."

The majority of deaths that occur in the Air Force involve some sort of vehicle accident, said Master Sgt. Ron Anderson, 305th Air Mobility Wing Safety, ground safety superintendent. As of July 14 the Air Force has lost 56 members — of those 45 were lost in vehicle accidents, 34 in cars or trucks and 11 on motorcycles.

Personal risk management is every Air Force member's responsibility on and off the job, said Tech. Sgt. Mark Hazelbaker, 305th AMW Safety Office, ground safety NCO.

"When people lose sight of their personal safety, for even a moment, they open themselves up to possible tragedy," said Sergeant Hazelbaker. "Mishaps only take a second to occur, so we have to be vigilant at all times. A moment's inattention can result in a lifetime of tragedy."

Although McGuire has not had any deaths during the 101 Critical days of summer to date, Team McGuire did have a fatal traffic related mishap in April, said Sergeant Anderson. An Airman lost his life in a motorcycle accident.

"This is an example of why it is imperative to ensure the proper use of safety equipment, being knowledgeable of hazards around you and being properly trained to help prevent fatalities or accidents from happening," said Sergeant Anderson.

With summer already afoot, the safety office is making sure they get the word out and keeping McGuire alert.

Wing safety is providing weekly safety briefings to all McGuire unit safety representatives, who in-turn disseminate the safety information to their unit personnel, Sergeant Anderson said. They also conducted a pre-101 Critical Days of Summer briefing with all motorcycle operators, held a special training session with McGuire civil engineer electricians, prepared a massive 101 Critical Days of Summer slide briefing on every conceivable topic and are available for commander's calls and other briefings upon request.

"Fortunately, no one at McGuire has been counted in the fatality statistics since the campaign began, and we would like to keep it that way — we want to keep everyone aware and alert," said Sergeant Hazelbaker. "It's important to remember that every fatality ultimately affects more than just the individual and their family, the result ripples through out the entire command and everyone should remain aware."

Editor's note: Local contributions compiled by Airman 1st Class Dilia DeGrego.

Prime BEEF, RIBS get Grade-A field training

By Airman 1st Class
Dilia DeGrego
Staff writer

Troops from the 305th Civil Engineer Squadron and a few from the 305th Services Squadron departed for another deployment July 16, only this one was shorter than usual.

Approximately 200 Airmen deployed for 48 hours to the fictitious Shadow Air Base in support of Exercise Phoenix Cobra, where they simulated supporting C-17, C-130, KC-10 and Special Operations Command aircraft.

Shadow AB was located on the large field near and just north of facility 3542 off Lancaster Ave. here. Troops also used runway 18/36. Previous field exercises have been held at Fort Dix.

"Airmen from CE Prime BEEF (Base Engineer Emergency Force), Services Prime RIBS (Readiness in Base Services) trained this past weekend to meet the full range of tasks expected in a contingency environment," said Chief Master Sgt. (retired) Steve Robertson, 305th CES chief of readiness and emergency management.

The Airmen from the civil engineer squadron must participate in this continuous 48-hour field training exercise once every 15 months to train on specific CE unique deployable skills in a training environment. While training, their skills are evaluated by an internal CE Exercise Evaluation Team.

CE troops polished their skill in personal readiness issues, multi-functional contingency operational support and their overall ability to survive and operate in a hostile environment.

"We have to be trained and ready to support operations across the full spectrum from major regional conflict to humanitarian relief," said Tech. Sgt. Marc Routhier, 305th CES unit deployment manager. "By having a well developed, realistic and detail scripted scenario the training benefit was tremendous. Troops were given objectives, benchmarks and in some cases, where simulated intelligence reports and world events demanded, hard time lines for task completion then allowed to employ their training, ingenuity and resourcefulness to accomplish the mission safely."

Meanwhile, the deployed services personnel trained on M-2 burners, immersion heaters, the Mobile

Kitchen Trailer and field sanitation and health. Services also provided hot meals as part of their training to the deployed CE Jersey Devils. A public health briefing was also conducted.

"The lessons learned and skills that were sharpened will be carried with our Jersey Devils if and when they deploy into harms way," said the chief. "Often we're so busy with our own day-to-day activities that we seldom pause long enough to see how our contribution fits into the big picture. This exercise helped our warriors see how their contributions are all important and allowed us time to focus on training with the most important resource we have, our people."

The training was also an opportunity for experienced Airmen to pass on the "tricks of the trade" to those who have not yet deployed. It provided a mentoring stage like no other for the new airman, Chief Robertson added.

Exercise participants, while enthusiastic for the training opportunity, were still mindful that the next time some of them do this it will be real world, said the chief. The exercise most certainly gave all a renewed appreciation that readiness is truly the shield of freedom.

AFSA representative to address McGuire members

**By Airman 1st Class
Ashley Casas**
Staff Writer

An Air Force Sergeants Association registered lobbyist is scheduled to address McGuire members July 30 on issues directly affecting Air Force quality of life.

Chief Master Sgt. (Ret.) Jim Lokovic is the deputy executive director and director of military and government relations for the AFSA. He serves as AFSA's representative on legislative matters to the White House, Congress, Department of Defense, Air

Force and other government agencies.

"I will be speaking about Air Force benefits and where quality-of-life programs originate, how they are mandated and authorized by Congress, and the role that DoD and the services have in implementing them," said Chief Lokovic. "I will talk about the significant strength and direct role that individual Air Force members have in the process and how their ideas in the area of quality-of-life benefits can lead to changes in the law."

Chief Lokovic regularly addresses the McGuire NCO Academy and the First Sergeant

Academy. He felt it was important on this visit to address as many McGuire members as possible.

"The issues I will be covering have a direct impact on the quality of McGuire member's lives and those of their families," he said. "Members also need to fully appreciate where their pay and benefit increases come about, and why it is wrong for them to sit on the sidelines and simply watch the parade."

In the past Chief Lokovic has worked with AFSA on many advancements for the military. Some of these improvements include: the creation of the

Montgomery G.I. Bill and every value increase since its inception, the creation of Career Enlisted Flier Incentive Pay, TRICARE for Life for most vulnerable retirees, the concurrent receipt of military retired pay and VA disability compensation.

"I will explain the process of testifying before Congress, and how we communicate with congressional members and their staffs through regular visits to their offices on the Hill," said Chief Lokovic. "I will also talk about benefits that have already been approved that the services have not yet announced nor implemented,

and I will list and discuss many efforts that we are working on in the areas of educational benefits, pay and compensation, health care, family benefits and even divorce laws that affect military members."

Chief Lokovic will speak 8 a.m. July 30, at the 2nd Air Refueling Squadron Auditorium. For more information, call Senior Master Sgt. Kevin Denter at 754-3377.

"I still consider myself to be a member of the Air Force," said Chief Lokovic. "It's my passion, and Air Force members are the reason I get up each morning. Their well-being is my calling and occupation."

305th Air Mobility Wing quarterly award winners



Civilian of the Quarter
Category 1
Janet Underwood
305th Comptroller Squadron

Ms. Underwood processes an average of 40 travel vouchers a day and enhanced travel voucher timeliness by 15 percent.



Civilian of the Quarter
Category 2
Carlen Capenos
305th Contracting Squadron

Ms. Capenos administered a \$5.2 million anti-terrorism gate project and actively participates in her squadron physical training.



Civilian of the Quarter
Category 3
Lidija Erazo
305th Contracting Squadron

Ms. Erazo competed against all eastern United States DoD small business personnel facilities to win the Javits Wagner O'Day award.



Airman of the Quarter
Airman 1st Class
Gaberiel Henao-Gutierrez
305th Medical Support Squadron

By calibrating three anesthesia units valued at \$97 thousand, Airman Heno-Gutierrez was able to save \$16 thousand in annual maintenance costs.



NCO of the Quarter
Tech. Sgt. Martin Walsh Jr.
305th Aircraft Maintenance Squadron

Sergeant Walsh's efforts garnered an 84.3 percent C-141B mission capable rate, which was the best rate since 1992. He also completed 15 college credits.



Senior NCO of the Quarter
Master Sgt. James Stadler
305th Maintenance Squadron

By fixing 14 cracked KC-10 refueling boom rudders, Sergeant Stadler saved more than \$700 thousand. He also scored above 90 percent on his fitness test.



CGO of the Quarter
2nd Lt. Brian Harrison
605th Aircraft Maintenance Squadron

Lieutenant Harrison generated 225 sorties and delivered 17 million pounds of fuel to coalition aircraft, leading the war efforts.



Elite Honor Guard
Airman 1st Class Preston Fernandez
305th Communications Squadron

Airman Fernandez completed 80 ceremonial guardsman assignments covering 78,000 square miles in four states.

305th CONS member wins prestigious regional award

By 2nd Lt. Sandra Seidel

305th Air Mobility Wing Public Affairs

Lidija Erazo, director of business operations, 305th contracting squadron, received the regional Javits Wagner O'Day Act award for the entire Eastern region in all branches of government July 15.

Sponsored by the National Institute for the Severely Handicapped, the award recognizes federal government employees who fully support the JWOD program.

"It's really such an honor to receive this award," said Mrs. Erazo.

The JWOD Act, she explained, is a program that provides employment opportunities for people with disabilities.

When she first visited the Occupational Training Center of Burlington County in 1993, she learned how clients are trained, tested and placed in various jobs. Once the OTC staff explained how the federal government benefits by turning welfare recipients into taxpayers, Mrs. Erazo said she became determined to place a contract at McGuire.

"During my initial tour, I watched some workers make cardboard store displays for Nestle chocolate and I could just see how happy they were," she said.

When McGuire's mess attendant contract expired in 1993, Mrs. Erazo

wanted to start a new contract under the JWOD program.

"My goal initially was to improve the service that McGuire customers were getting. I wanted to get someone there and create a better facility for our troops," she explained.

While a JWOD contract at McGuire didn't exist, she wanted to give OTC a chance at the contract, which would create 47 full-time jobs for people with disabilities.

"I remember when they first started," she recalled, "OTC came to the dining facility one week prior to the start date to clean the facility up to their standards so when they came in the first day, they could start fresh."

"Right away they proved that their main goal is not only to provide jobs for their clients, but to take pride in what they do," she added.

Despite facing a few obstacles getting the contract, Mrs. Erazo proved OTC and McGuire made a good team and negotiated a five-year, \$2 million per year contract.

"Still today we receive excellent service through OTC and we have an outstanding business relationship with them," she said, "They are very responsive to McGuire's needs."

The mess attendant contract was just the tip of the iceberg for Mrs. Erazo.

She also awarded the base-wide custodial contract, which bills \$2 million dollars per year, employs over 35



Photo by Denise Gould

Robert Sullivan, executive director of National Institute for Severely Handicapped East Region, presents Lidija Erazo, services flight contracting chief, 305th Contracting Squadron, the Javits Wagner O'Day Award. Ms. Erazo has created 100 jobs for people with disabilities.

people and involves cleaning more than 100 buildings.

"She's the type of person who says, 'this is what we're going to do. This is how we're going to do it,'" said Joe Bender, executive director of OTC.

"Her strength lies in her vast knowledge of federal defense contracting. She knows what she's doing and demands that the highest quality standards are maintained on all of her service contracts," he added.

Her efforts to utilize OTC continued

by awarding JWOD contracts here for furniture management and recycling.

The contracts have had a profound effect on McGuire. Throughout the past 10 years of her work with the JWOD program she has created 88 full-time jobs for people with disabilities, and today, McGuire spends over \$4 million a year on JWOD contracts.

"McGuire receives not only excellent service, but we know the workers from OTC take pride in what they do each and every day," she said.

CAP Region Staff College held at McGuire NCO Academy

By Airman 1st Class

Ashley Casas

Staff Writer

The McGuire NCO Academy was home to 23 students from 11 states as part of the Civil Air Patrol Region Staff College last week.

Region Staff College is the formal in-residence course required for CAP members completion of Level IV professional development.

"The CAP Region Staff College is designed to provide selected senior members with the ability to better execute the duties and responsibilities associated with CAP command and staff positions," said Maj. Stanley Skrabut, CAP public affairs officer. "RSC provides students with in-depth studies

of management, leadership, and communications skills and shows how CAP's missions are accomplished at the region level. Seminar discussions, case studies and practical exercises are integral parts of the RSC program."

Ten McGuire members were chosen to speak during the week about various topics such as leadership, management, written communications, logical thinking and training techniques.

Chief Master Sgt. John Yesensky, 721st Air Mobility Squadron superintendent spoke to the students on verbal and non-verbal communication skills. He focused on how to analyze transactions and overcoming obstacles. His main message was "it doesn't matter who you are,

you will be judged on how you communicate."

"This course is great because it helps the Civil Air Patrol members in their military and civilian lives," said Chief Yesensky.

The course is offered to CAP officers who have completed Level III professional development and who hold command or staff positions. CAP officers submit an application through their wing commander for selection.

Master Sgt. Karen Coffey was another guest speaker during the week, and she spoke on human relations.

"I have been a part of the Region Staff College since I got to McGuire," said Sergeant Coffey. The college teaches CAP members lessons the NCO academy teaches its students.



Courtesy photo

Col. Bryan Cooper, director of the Region Staff College, provides instruction on activity and conference planning during the 2004 RSC.

"This school provides them (CAP members) with much needed skills necessary to effectively carry out their command positions," said Major Skrabut. "They also have an opportunity to network with others in the region, and to gain ideas to take back and improve their home units."

Major Skrabut explained

that the course is normally held on military installations or college campuses and was held on McGuire this year because of the location and "excellent team support from the base."

McGuire will also host the New Jersey wing of the CAP cadet encampment starting Saturday and running through July 31.

In the... Spotlight

Rank/Name:
Senior Airman
Delaney Green

Age: 26

Hometown:
Baltimore, Md

Duty Title/ Unit:
305th Aerospace
Medicine Squadron
Bioenvironmental
Engineering
journeyman

Family: Wife,
Kellie Baylor-
Green and daughter, Alexandria Green

Time In Service: Four years and nine months in
the Air Force and seven months at McGuire

What I Like Most About Being At McGuire:
It's close to my hometown

Military Member Who Influenced Me The Most: Tech. Sgt. Mella

Proudest Military Moment: Winning Air
Mobility Command Bioenvironmental
Engineering Airman of the Year for 2003

Five Years From Now I'll: Be a college graduate
and hopefully still at McGuire

Dream Job: Major retirement

Like To Pig Out On: Cheeseburgers and fries

Favorite Movie: Rocky III

Hobbies: Playing basketball and video games

Motto: "Challenges are what makes life interesting; overcoming them is what makes life meaningful."

Supervisors Comments: Senior Airman Green
performs every task put in front of him with
unmatched enthusiasm. He is always ready and
willing to tackle the project when a new challenge
presents itself. Definitely a go-to Airman.



**Senior Airman
Delaney Green**

— Staff Sgt. Shayne Miller
305th Aerospace Medicine Squadron

Can Do Crew

The Can Do Crew would like to recognize **Staff Sgt. John Bray** and **Senior Airman Freddie Belton** from the 305th Civil Engineer Squadron, entomology office. These two fine team McGuire members know what "service before self" is all about. They are recognized for their efforts during a recent three-day weekend, when they worked over the weekend to ensure a few birds trapped in a housing stove exhaust vent were cleared out so the family could enjoy the holiday. The actions of these individuals made a huge impact in making a McGuire a better place to live work and play.

21st EMTF gets to know new command chief

**Story and photo by
Airman 1st Class
Rachel Martinez
Staff Writer**

As an enlisted career aviator, he never entertained the idea of becoming a command chief. It was an opportunity that didn't come along often for people in his career field, he said.

Nevertheless, on June 1 Chief Master Sgt. Michael Piasecki assumed the role of the 21st Expeditionary Mobility Task Force command chief.

Chief Piasecki said he always knew he would make a career out of the Air Force; his father spent 26 and a half years in the Air Force. The chief's goal was to come in and have something to do with airplanes. It wasn't until 1999, when he filled in as the 305th Operations Group superintendent that he realized he wanted something more.

"I always loved being able to fly," he began. "As superintendent I still got to fly, but I got to work with people and handle issues related to them. I loved it."

He said he realized how much he loved working for and with people. To him, command chief was the ultimate level of working with people. He applied and met the command chief board in 2002. Then he waited for a position to open up.

See **CHIEF** on Page 10



Chief Piasecki's job as the 21st EMTF command chief keeps him busy. On top of serving as the senior enlisted advisor to the commander, he is also responsible for the morale and welfare of 2,700 enlisted personnel assigned to more than 20 locations in 15 countries.

Spotlight on the command chief

Age: 48

Hometown: Mechanicsburg, Pa.

Time In Service: 28 years

What I Like Most About Being At McGuire: The people, opportunities and travel

Military Member Who Influenced Me The Most: My dad

Proudest Military Moment: May 2004 when I had my final flight on the C-141.

Five Years From Now I'll: Be retired from the military and involved in my second life

Dream Job: A pilot

Like To Pig Out On: Anything barbecued

Favorite Movie: 12 O'Clock High

Hobbies: Motorcycles and anything outdoors

Motto: "Put your people in positions to succeed. One small success leads to bigger and better things."

Team McGuire on the street

Each week the **Airtides** staff will be out asking Team McGuire members the question of the week.

We will publish people's answers along with their photo in that week's paper.

People with ideas for a question of the week may submit them to the **Airtides**.

Send an e-mail to airtides@mcguire.af.mil with 'Airman on the street' in the subject line.

Who is your favorite John? Why?



Airman 1st Class Brandi Hunter, 305th Mission Support Squadron
Who is your favorite John?
"John F. Kennedy Jr." Why?
"He was hot!"



Tech. Sgt. Ronald Wells, 305th Mission Support Squadron
Who is your favorite John?
"Johnny Ross." Why? "He is my hero and a hero to others."



Lynn Denter, Team McGuire member
Who is your favorite John?
"Johnny Depp." Why? "His movies are the best and very interesting. To top it off, he's not that bad looking either."



Frank Minor, Team McGuire member
Who is your favorite John?
"John Sally, Detroit Pistons basketball player." Why? "He is an awesome defense and an all around good player."

McGuire first shirt manning reaches 100 percent

**By Airman 1st Class
Ashley Casas**
Staff Writer

This time last year McGuire had only seven out of 24 of its first sergeant positions filled. By the end of this month the first sergeant manning will reach 100 percent.

According to Chief Master Sgt. Roger Ball, 305th Air Mobility Wing command chief, it's the change in the way the Air Force manages first sergeant duties that caused the manning to go up.

Within the past few years the Air Force started tasking people who meet certain criteria to become first sergeants, instead of waiting for them to volunteer.

"In the military we volunteer to

serve, we don't choose where we serve," said Chief Ball. "Currently, there are 20 non-volunteer first sergeants in the Air Force and one of them is stationed here. Human nature kicks in for us to do the best we can no matter what our mission is."



In order to become a first sergeant, members must be a senior NCO or have a line number for master sergeant. They have to finish their professional military education

and score 75 percent or higher on the fitness standards. Once their packet is together they interview with the command chief and the packet is processed through Air Force Personnel Center.

Members selected spend four weeks in the First Sergeant Academy



located at Maxwell Air Force Base, Ala., Gunter Annex.

Graduating from the academy will earn a member their diamond, but it doesn't automatically make them a good shirt, according to Chief Ball.

"As with any good leader there are

four steps to follow:
1. Listen to your people;
2. Know your people;
3. Care for your people
and 4. Challenge your people," said Chief Ball, who was previously a

first sergeant for seven years and the commandant of the First Sergeant Academy for two years.

The Air Force sets itself apart from other branches by taking care of its people, and first sergeants are the ones to make sure it stays that way, according to Chief Ball. They are a directory

of information and become a "jack of all trades, but a master of none," the chief said.

"First sergeants are key to enlisted morale and standards," said Col. JJ Jackson, 305th AMW commander.

"They can answer any questions their troops have, and guide them in the right direction."

First sergeant duties are broad and cover things such as quarterly awards, promotion ceremonies, reprimands, fitness programs and many others.

"A first sergeant can't lead through e-mail and phone, they need to know their people and spend a little face time with them," Chief Ball said.

According to the chief and Colonel Jackson, with 100 percent first sergeant manning here, Team McGuire members are guaranteed to be taken care of.

Newest Airman Leadership School graduates named

A graduation ceremony for Airman Leadership School class 046 was held Wednesday. Forty Airmen and one Sailor graduated.

Navy Petty Officer 3rd Class Matthew Merical was the John Levitow Award winner. Staff Sgt. Richard Gustafson, 20th Air Space Operations Squadron, Fort Drum, N.Y., received the leadership award. The Academic Achievement Award went to Senior Airman Daniel Enright, 305th Communications Squadron.

Distinguishing graduates were Sergeant Gustafson; Senior Airman Bryan McDonald, 305th Security Forces Squadron; and Senior Airman Veronica Rodriguez, 305th Comptroller Squadron.

The following senior airmen were also graduates of class 046:

- Jesse Amell, 305th Services Squadron;
- Arturo Balcazar, 305th Civil Engineer Squadron;
- Trey Beck, 621st Air Mobility Squadron;

- Joshua Belliveau, 20th ASOS;
- Robert Burford, 305th CES;
- Lawrence Closson, 605th Aircraft Maintenance Squadron;
- Ena Colon, 305th Comptroller Flight;
- Howard Conklin Jr., 305th Logistics Readiness Squadron;
- Angel Cruz-Vasquez, 514th Aircraft Maintenance Squadron;
- Sean Dodson, 605th AMXS;
- Patricia Escalera, Air Mobility Warfare Center;
- Casanova Geary, 32nd Air Refueling Squadron;
- Chip Harris, 305th Aerial Port Squadron;
- Jason Keogh, 305th APS;
- Scott Kinney, 305th SFS;
- Kenneth Londono, 305th CS;
- Kelly Loughney, 305th Medical Operations Squadron;
- Jorel Lugo, 305th CS;

- Alexander Maynard, 605th AMXS;
- Jason McErlain, 721st Air Mobility Squadron;
- John McInnes, 605th AMXS;
- Joe McLain, 305th Operations Support Squadron;
- Eric Mosby, 305th Aircraft Maintenance Squadron;
- Antonette Reid, 514th Aerospace Medicine Squadron;
- Christopher Robinson, 305th SVS;
- Jeffrey Samulski, 605th AMXS;
- Bryan Schmick, 305th LRS;
- Brandon Schroeder, 305th APS;
- Chad Soltysik, 305th CES;
- Kevin Stewart, 305th Maintenance Squadron;
- Colleen Thompson, 305th SVS;
- Delilah Threats, 421st Combat Training Squadron;
- Jamar Vick, 305th SFS;
- Dermot Washington, 305th APS;
- Corey Winchester, 305th CES and
- Jerilyn Yazzie, 305th SVS.

CHIEF *Continued from Page 8*

"I knew the old 21st EMTF command chief and that he was leaving," he said. "I had an interview with the commander, Brig. Gen. Bobby Wilkes, and I guess he liked what I had to say."

Chief Piasecki said he was ecstatic when he received the phone call from General Wilkes offering him the job.

"I chose him because of his deep concern and interest in people and his desire to make the 21st EMTF a success," the general said.

Chief Piasecki's job as the 21st EMTF command chief keeps him busy. On top of serving as the senior enlisted advisor to the commander, he is also responsible for the morale and welfare of 2,700 enlisted personnel assigned to more than 20 locations in 15 countries.

"Because our people are spread out, you literally have to reach out and touch them," he

said. "The force of nature is doing a lot of stuff over the phone and through e-mail, but you have to literally reach out and touch them. The challenge that imposes makes it interesting for me."

Since he took office in June, Chief Piasecki has been getting to know the hundreds of people, immersing himself in the EMTF and getting to know the entire scope of what is going on.

"I just got back from a 10-day trip with the general," he said. "If we are not traveling we are not doing our job. It is the only way we can get out there and see what our people are doing."

The best thing about being a command chief is the people, according to Chief Piasecki.

"The opportunity to do things for people and doing the right thing for the right reason is what I like best about this job."

High Flyers

The following individuals received a score of 90 percent or better on their career development course end of course test. Congratulations to:

- Airman 1st Class Justin Cummings, 305th Mission Support Squadron, 97 percent;
- Airman Amber Dodrill, 305th Civil Engineer Squadron, 92 percent;
- Airman 1st Class Amy Dunn, 305th Aerial Port Squadron, 91 percent;
- Airman Basic Andrea Hardway, 305th Logistics Readiness Squadron, 90 percent and
- Staff Sgt. Catherine Omara, 305th LRS, 90 percent.





Capt. Pia Avignone, operating room nurse, reviews a patient's chart during his surgery. The chart shows why the patient is in, what he is having done, medications given and his medical history.

Scrubbing up for same-day surgery

Patients are in by 7 and out by 4

Story and photos by
Airman 1st Class Rachel Martinez
Staff Writer

Tucked in the corner on the second story of the 305th Medical Group Clinic is a flight that takes a very hands-on approach to medicine.

As the last clinic in the Air Force offering surgery without an in-patient program, the surgery flight here offers a number of same-day operations to Team McGuire members, their families, retirees and members of other uniformed services.

Surgeries offered include general, orthopedic, podiatry and gynecology. There are two full-time orthopedic surgeons and four full-time general surgeons on the staff. The podiatrist surgeon is a Reservist who operates a couple times a month; the gynecology surgeon works on a needed basis.

"Most surgeries we offer are elective, meaning the

patient doesn't absolutely have to have it," said Master Sgt. David Curtis, surgical services flight NCO in charge. "We do however do some emergency surgeries."

Orthopedic surgeries offered include anterior cruciate ligament repairs, meniscal (knee cartilage) repairs, shoulders, Achilles tendon repair, broken bones or fractures, incision and drainage, fasciotomies and just about anything else. Common general surgeries are breast biopsies, gall bladders, appendectomies, lipoma removal, colonoscopies and endoscopies. The few gynecology surgeries are hysterectomies, biopsies and dilatation and curettage. The podiatry surgeries offered include anything to do with the foot such as bunions.

"I don't think people realize the vast number of surgeries we do here," said Sergeant Curtis. "I often talk to families of patients, and they tell me how they didn't know we do a certain surgery here or that we do surgery here at all."

The surgery flight consists of more than the operating room. The flight also includes the orthopedic clinic, general surgery clinic, anesthesia and physical therapy.

"Everything used to be separate but then they combined it," said Sergeant Curtis. "Because we all work so closely together, it makes so much sense to combine it all."

When a patient requires surgery he or she is referred to either the general surgery clinic or the orthopedic clinic. There the patient is assessed and a decision is made whether or not surgery is required. Most minor surgeries can be done in the clinic. More complicated surgeries, or ones that require more than a local anesthesia, are referred to same-day surgery.

"That's where surgery and anesthesia come together," said Sergeant Curtis. "Physical therapy often comes into the equation after surgery. Patients with orthopedic surgeries often need to build up their muscles. In some cases, patients may skip surgery and go straight to physical therapy to fix their problem."

For those who do require surgery, there are two operating rooms in same-day surgery to accommodate them. On average, same-day surgery performs 80 to 100 surgeries a month. Extensive surgeries, or ones requiring overnight stays are done in a hospital downtown by McGuire's surgeons. The surgeons pull on call duty for the hospital in exchange for operating room time.

"We are a busy operating room here," said Sergeant Curtis. "The national average for use of operating room hours is 80 percent of the available time allotted. Last year we used ours 103 percent of the time."

With such a busy operating room, a lot of assistance is needed. A staff of four nurses, three operating room nurses, two anesthetists, two general technicians, three orthopedic technicians and six operating technicians assist the surgeons.



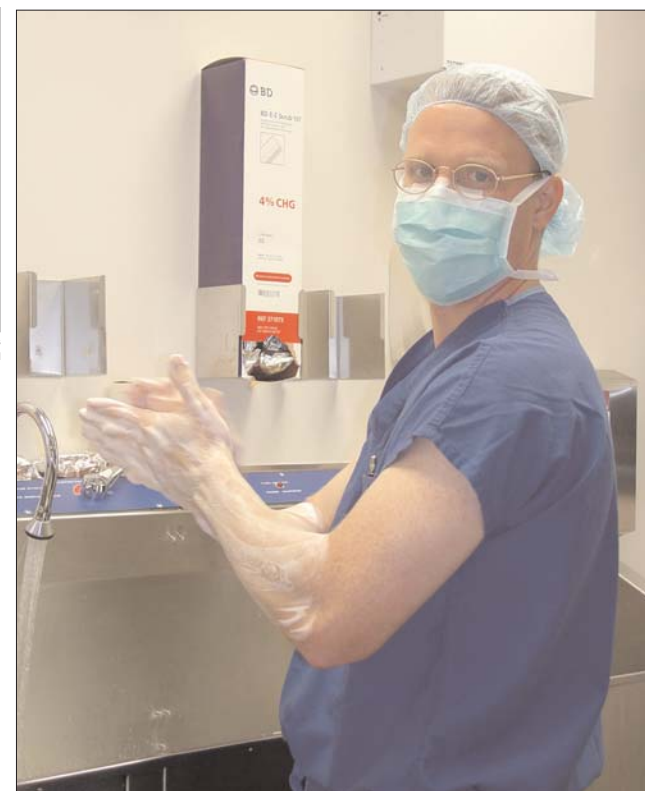
A tray of instruments sit ready for use in surgery. Technicians are responsible for sterilizing all instruments before use and assisting the doctor with them.

The anesthetists are responsible for administering the anesthesia that puts the patient under and takes away any pain. The nurses help prepare the patient for surgery and take care of him afterward. They do so by taking vital signs, preparing forms and charts, administering IVs and a variety of general patient care. Technicians are responsible for assisting the nurses as well as preparing biopsies, sterilizing equipment, performing and ordering tests and lab work, retrieving lab work and prescriptions, applying splints and casts, booking referrals, performing pre-operation interviews and a variety of administrative paperwork.

"Everyone does an excellent job; it is a very cohesive work environment" said Lt. Col. Kelley Moore, surgical flight commander. "We all pitch in and help each other no matter what our job. This is the best place I have been as far as people working together."

The teamwork pays off and is evident in their work, according to Sergeant Curtis and Colonel Moore.

"The beneficiaries are very satisfied with our work," Sergeant Curtis said. "People are quick to complain about something, but it takes motivation to thank someone. We have people all the time saying how much they appreciate what we did and how nice their experience was. We have a board filled with kudos we have received from this month alone."



Above - Maj. (Dr.) Matt Garberina, one of two orthopedic surgeons in same-day surgery, uses Trisetin to scrub up before surgery. Trisetin allows doctors to scrub for three minutes rather than the traditional five minutes in order to kill all broad-based bacteria. Most large facilities use Trisetin.

Left - Greg Grier, a certified registered nurse anesthetist, administers Valium to a patient before surgery. Valium is used to prevent the patient from feeling any pain. Patients are also given anesthesia before going into the operating room. More anesthesia is administered during surgery as needed.



Doctor Garberina performs shoulder video arthroscopy surgery to repair a patient's torn muscle and loose socket. The surgery was done using a laparoscopic video camera in order to minimize incisions and speed up the recovery time. About 80 percent of the surgeries done in same-day surgery are done using these cameras.

VBS, children take a trip through Biblical history

By Airman 1st Class Dilia DeGrego
Staff writer

Children attending Vacation Bible School at Challenger School concluded their week-long "Passport to the Holy Land" today.

Approximately 100 children attended VBS during the week. Children ages three to 12 were eligible to attend as students and teens were welcomed as teacher's aides.

This year's theme was chosen specifically to educate the children on where and how the Christian faith began, said Chaplain (Capt.) Shawn Menchion.

"We wanted to take the children on a fantastic voyage of their religious heritage," he said.

Religious education coordinators from Protestant and Catholic communities and more than 30 volunteers helped the children travel to a variety of places throughout the week.

Monday, the children departed at 9 a.m. from Angel Wings International Airport (Challenger School) to Bethlehem, where they met a real Rabbi and listened to stories of Bethlehem.

While in Capernaum on Tuesday, the children visited with Rabbi Reuben and Matthew, the tax collector, played by Jamie Call a Team McGuire member, and enjoyed playing a game of Scroll Relay.

In Bethany, they visited with Bible characters Mary and Martha played by Leslie Vance and Khrist Payne, Team McGuire members.

On their trip to Jerusalem the children took a trip to the market place with Judith and Salah.

During their adventure into the Holy Land, the children learned to make real sandals, a place mat and a cross out of nails.

Children also attended 15 minute morning devotions held by the chaplains before departing on their daily trips to the Holy Land if they desired.

VBS is held each year to enrich the spiritual growth of the faith community, specifically, that of children, said the chaplain. VBS also helps reinforce the importance of biblical knowledge and how it applies to ones everyday life experiences.

The VBS children were highly energetic and enthused while learning about the Holy Land, said Chaplain (Capt.) Menashe Miller. Various artifacts and slide-show pictures added to the affect as the children were educated about the land, history and culture.



Photo by Denise Gould

Briana Pena, (a first grader) attending Vacation Bible School, "A Trip to the Holy Land," decorates her new sandals she made during arts and crafts Tuesday. Approximately 115 children attended VBS this week.

"I was encouraged by their participation and youthful vigor while we journeyed and laughed together," Chaplain Miller said. "When the dust settled at the end of the hour, every person in the room was saying 'Shalom' as their tour of the Holy Land continued toward crafts and snack time."

"We want the children to leave with a greater knowledge of Bible lessons and principles for every day life," said Chaplain Menchion. "We also want them to go home with a greater awareness of their faith and be able to share that with those of little or no faith."



Winner: "Help! How do you stop this thing!"
— Tech. Sgt. Donovan Samuels
305th Aerial Port Squadron

Runner-up: "I just remembered, I can't swim."
— Pete Vigliarolo
305th Aerial Port Squadron

WHAT'S MY LINE?

The rules

1. Write a humorous or imaginative caption or outline.
2. All entries must be submitted by noon Monday. Forward e-mail to airtides@mcguire.af.mil or drop off entries at the 305th Air Mobility Wing public affairs office, Building 2901, Room 222.
3. Entries are limited to two per person.
4. The person with the funniest or most imaginative caption or outline has the choice between a 305th Services Squadron Gold Card, which includes a variety of freebies, such as a lunch at Pudgy's and a free round of golf, or a \$10 phone card courtesy of the Burlington County Military Affairs Committee.
5. Each winner can pick up his or her prize in Room 222 of Building 2901. For more information on the contest, call Airman 1st Class Rachel Martinez at 754-8619.



Write a caption or outline for this photo. The writer whose caption or outline is the funniest or most imaginative will be printed in the following week's issue. The winner receives a 305th Services Squadron Gold Card.

Around The McGuire Area



Friday

Tom Hanks and Catherine Zeta-Jones in "The Terminal." An Eastern European immigrant is forced to live at Kennedy Airport when his former war-torn country's borders are erased, voiding his passport and leaving him with no political home. The refugee meets and falls in love with a flight attendant, which prompts a bold escape plan. Show time is 7:30 p.m. *Rated PG-13*

Saturday

Breckin Meyer and Jennifer Love Hewitt in "Garfield." Garfield's owner takes in sweet, but dimwitted pooch Odie, turning Garfield's world upside down. Garfield wants only one thing: Odie out of his home and life! But when the pup is kidnapped by a nasty dog trainer, Garfield, for the first time in his life, feels responsible and springs into action to return the pup. Show time is 7:30 p.m. *Rated PG*

July 30

"Dodgeball: A true underdog story"
Rated PG-13

July 31

"Two brothers" *Rated PG*



CAREER & EDUCATION

Embry-Riddle Registration for the Embry-Riddle Aeronautical University 2004 Fall 2 term will begin Monday and runs through July 30. Classes start the week of Aug. 2 through Oct. 1. The following classes are offered.

Undergraduate Classes:
ENGL 221 -- Technical Report Writing (Tuesday)
MGMT 201 -- Principles of



HUFFING, PUFFING — Brian Hibbard, CJ Haug and Cody Meek hone their fire building skills at Boy Scout Ockanickon Summer Camp July 16. Five McGuire Troop 18 scouts attended the week-long camp and earned 24 merit badges in skills like shotgun, cooking and space exploration. Troop 18 invites young men ages 11 to 17 interested in joining to come by Building 3412 Thursdays from 6:30 to 8 p.m. to or call Scout Master Scott Patterson at 723-5431 or 458-2014.

Photo by Master Sgt. Chris Haug

Management (Tuesday)
Math 140 -- College Algebra (Wednesday)
HIST 130 -- History of Aviation in America (Wednesday)
ASCI 405 -- Aviation Law (Thursday)
AMNT 270 -- Airframe Structures & Applications (Monday)
AMNT 271 -- Airframe Systems & Applications (Thursday)
At Willow Grove Center:
PHYS 201 -- Meteorology (Wednesday)

Graduate Classes:
ASCI 613 -- Airport Operations Safety (Wednesday)
ASCI 622 -- Corporate Aviation Operations (Thursday)
ASCI 690 -- Graduate Research Project
Class confirmation contingent upon adequate enrollments. All classes meet from 5 to 9:45 p.m. For more information, call 723-1337.

BCC Open House The Burlington County College will host an open house Aug. 5 at the enlisted club, fireside lounge, from 10 a.m. to 1 p.m. BCC representatives will be available to answer questions. Light refreshments will

be served. For more information, call 754-2577.

BCC Fall registration

Fall I registration runs through Aug. 23. Fall I term dates are Aug. 30 to Oct. 20. Lunchtime courses are held 11 a.m. to 1 p.m. Tuesdays, Wednesdays and Thursdays for seven weeks. For a list of classes, more information or to register visit Bldg. 1911 room 209 or call 754-2577.

NJ Air National Guard

The 108th Air Refueling Wing here has traditional Guard vacancies in the following aircraft maintenance career fields: 2A5X3A, 2A5X3B, 2A5X1, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X2 and 2A7X3. Besides preserving investment in a part-time military career, New Jersey ANG offers free college tuition and other generous benefits to Guardsmen. Find out how to "fuel your future" by calling the maintenance career advisor, Master Sgt. Vincent Mazza, at 754-4112, or recruiters at (866) GO-NJANG. Members can also visit the web site www.108arw.ang.af.mil for a full listing of traditional Guard vacancies at the 108th ARW.

Civil Air Patrol

Civil Air Patrol builds strong citizens for the future by providing leadership training, technical education, powered and non-powered flight orientation, scholarships and career education for young people between the ages of 12 and 18. For more information, contact 1st Lt. Katja Abegg at 265-0081 or Ksabegg@aol.com.

RETIREMENTS

- **Master Sgt. Robert Roper**, 305th Communications Squadron, will retire today. Ceremony to be held at 11 a.m. in Building 2320. For more information contact Master Sgt. Bernie McGuinness at 754-0036.
- A retirement ceremony honoring **Master Sgt. Kathleen Cochran** will be held today at 3 p.m. in the medical group resource center.
- **Senior Master Sgt. Ted Urbowicz**, 305th Logistics Readiness Squadron, will retire after 20 years of honorable service at 2:30 p.m. Tuesday at the officers' club. For details, call 1st Lt. David Medlin at 754-5419.
- **Chief Master Sgt. Mary Swift** will retire after 30 years of service at 2 p.m. July 30 at the enlisted club. The NCO Academy change of leadership

ceremony will also take place July 30 at 10:30 a.m. at the enlisted club. For more information or to RSVP, call May Anderson, 754-2440.

- **Master Sgt. Patrick Barnett**, 305th Maintenance Squadron, will retire 11 a.m. Aug. 2 in Dock 10 of Building 3210.
- A retirement ceremony honoring **Master Sgt. Rudolph Morales Jr.** will be held at 3:30 p.m. Aug. 4 at the 2nd Aerial Refueling Squadron auditorium.

ARTS & CRAFTS

The Fort Dix Arts and Crafts Center offers a variety of classes. For more information on the following classes, call the arts and crafts center at 562-5691 or visit Building 6039.

- **Framing qualification** classes are scheduled 6 to 8:30 p.m. Wednesdays and 9 to 11:30 a.m. Saturdays. There is a \$10 registration fee. Materials are available for purchase from the instructor. This class is mandatory to use the frame shop.

- **Craft classes** are held 6 to 8:30 p.m. Wednesdays. There is a \$5 registration fee plus cost of materials.

- **Sewing classes** are held 6:30 to 8:30 p.m. Thursdays. All sewing classes can accommodate beginners unless noted. The class includes materials, instructions, patterns and handouts. All supplies and kits are available for purchase.

- **Quilts For Kids** is held 10 a.m. to 3 p.m. the first Saturday of each month. Help make quilts for kids who are in extended hospital stays or in a safe house. No experience necessary.

- **Rubber stamping** classes are offered 6:30 to 8:30 p.m. Tuesdays and 2 to 4 p.m. Saturdays. All levels are welcome. Stamping supplies are available from the instructor.

- **Lunch classes** require no registration fee. Participants pay only for materials used.

MISC.

Camping trip The McGuire Youth Center invites Team McGuire members ages nine and up to a camping trip Aug. 20 to 21 on the Lehigh River. Rafter's will need a medical power of attorney in case of an emergency and a signed permis-

sion slip with the \$60 admission fee no later than Aug. 7. Participants will also need to bring hygiene products, pillows, sleeping bags/blankets, changes of clothing and extra money for leisure spending. For more information log on to <http://www.wc-rafting.com/> or call the youth center.

ATWIND Miles Earn ATWIND miles at the McGuire FSC. Eligible participants earn one "Around The World In Ninety Days" game piece each time they use an FSC service or attend a program seminar during the contest period. These services include the family services loan closet, relocation assistance, employment opportunity information, job search skills instruction, money management education, personal and family readiness resources, transition and career planning, food pantry and more. Visit the FSC or public.mcguire.af.mil/fsc to learn more about upcoming calendar events and personalized services designed to benefit members and their families. For more information, call 754-3154.

ATWIND activity list

Monday:
Enlisted club - Pudgy's Sports Pub / Wright Brothers Café / cashier's cage, youth center

Tuesday:
Auto skills center, flight kitchen

Wednesday:
Officers' club, child development centers

Thursday:
Library, Falcon Creek Golf Course, family pool at Falcon Courts North

Friday:
Information, Tickets and Travel, lodging

Saturday:
Fitness center

Sunday:
Halvorsen hall dining facility, Airmen's firehouse

Extra game piece opportunities:
Volunteer at any of the following activities and get an ATWIND game piece: Airmen's attic, family services, hearts apart. Use any of the following family support center services and get an ATWIND game piece: Computer resource center, family services, personal session with community readiness consultant/technician.

60th ACA Reunion The Air Commando Association Annual Reunion will be held Oct. 8 to 10 in Fort Walton Beach, Fla. The purpose of the ACA was to keep alive the Air Commando spirit, to rekindle com-

radeship of wartime relationship, to honor the dead and the living that participated in wartime efforts and to promote the utilization of low-key peacekeeping activities of special operations. It also contributed to nation building and healing by providing medical supplies and personnel. For more information, call (850) 581-0099, or visit <http://home.earthlink.net/~aircommando1/>.

Smooth Move A "Smooth Move" seminar is 2 to 4 p.m. Monday at the FSC. Attendees will receive information and points-of-contact regarding military and travel pay, financing a move, home buying and selling, claims and legal tips, transportation management, spouse employment, PCS overseas and remote tours, retirement and separation and more. For reservations or more information, call 754-3154 or visit <http://public.mcguire.af.mil/fsc/calendar>.

Thrift shop The McGuire thrift shop hours are 10 a.m. to 2 p.m. Wednesday, Thursday, Friday and 10 a.m. to 6 p.m. the third Wednesday of the month. Consignments are accepted from 10 a.m. to noon only. The thrift shop is also open 10 a.m. to 2 p.m. the first and third Saturday of the month, but does not take consignments, only furniture on these days. Volunteers are needed, no experience is necessary. The thrift shop is located in Building 3446 on Broidy Avenue. All proceeds from the thrift shop benefit the McGuire Officers' Spouses' Club Scholarship Fund and other McGuire community charities.

Airmen's Attic Airmen's Attic "All Ranks Open House" 10 a.m. to 2 p.m. is Monday. Clothing for children who wear infant to size 6x, seasonal items, new and used furniture, appliances, household items and more are available to Team McGuire members and their spouses. E-1 to E-4's will receive one entry to win a 93-piece cross country auto safety kit, each time they use the Airmen's Attic during July. Participants do not need to be present to win. The Airmen's Attic is located at 3446 Broidy Avenue. For more information, call 754-8703 or 754-3814.

FAMILY

Heart Link A Heart Link is 9 a.m. to 2:30 p.m. Wednesday at the FSC. This orientation for new military spouses (married less than 5

years) offers an informative exploration into the military lifestyle. Topics include various aspects of this unique culture such as acronyms, protocol, services and benefits. Free childcare and lunch provided. Reservations are required. For more information or to register, call the FSC at 754-3154 or visit <http://public.mcguire.af.mil/fsc>.

KIDS & TEENS

Club Beyond Club Beyond is a high school meeting with big group games, individual games and skits; Club Beyond is similar to Young Life meetings. The high school and junior high meetings will start in September and volunteers are needed. The year will consist of monthly events, camps, fundraisers and service projects. Contact Scott Schesser at 754-5904 or club@dandy.net if interested in becoming a Club leader.

Boy Scouts McGuire Boy Scout Troop 99 is extending an invitation to young men ages 11-17 interested in boy scouting. Individuals will learn outdoor, leadership and teamwork skills. Meetings are held Wednesdays at 7 p.m. at Building 3412. For more information contact Mike Phillips, Assistant Scoutmaster, at 723-2162.

Girl Scout camp Camp will be held from 5 to 8 p.m. Aug. 24 and 26 for all girls entering grades K through 12 on McGuire and Fort Dix. The location is to be determined. Registration is 11 a.m. to 1 p.m. Aug. 3 and 7 at the base exchange. The camp is free to currently registered Girl Scouts and \$10 for nonmembers. Activities to include crafts, games, snack and science exploration. For more information, call Beth Hibbard at 723-0436 or Nora Brinley at 723-4787.

Football and Cheer Fort Dix Youth Sports is currently taking registration for cheerleading and Pop Warner football through today. Ages for cheerleading and football are seven to 15 years. For more information and to register, call Fort Dix Central Registration at 562-4702 or the Youth Sports office at 562-2819.

Kids' craft classes The Fort Dix arts and crafts center holds craft classes for children. To register, or for more information, call 562-5691.

• **Kids' craft classes** for children ages six to 12 are held 12:30 to 2 p.m. Saturdays. There is a \$5 registration fee plus the cost of materials.

• **Three-week teen pottery class** is held 10:30 a.m. to noon Saturdays for ages 10 to 13. There is a \$20 registration fee plus small materials fee.

Youth Center activities

The center offers a variety of weekly classes for people of all ages at the youth center. For more information, call 754-KIDS.

Mondays:

• Torch Club is held 6 to 7 p.m.
• Tae Kwan Do is held 5 to 6 p.m. for ages 4 to 8
• Tap, jazz and ballet dance class is held 4 to 4:45 p.m. for ages 5 to 8. Cost is \$24 per month

• Clogging class is held 5 to 5:45 p.m. for ages 5 to 8. Cost is \$24 per month.

Tuesdays:

• Teen Talk is held 6 to 7 p.m. for ages 13 and up.
• Art Expression is held 7 to 8 p.m.
• Tap, jazz and ballet dance class is held 10 to 10:45 a.m. and 11 to 11:45 a.m. for pre-school children, and 4 to 4:45 p.m. for ages 9 to 17. Cost is \$24 per month.

• Clogging class is held 5 to 5:45 p.m. for ages 9 to 11. Cost is \$24 per month.

Wednesdays:

• Tae Kwan Do is held 6:30 to 7:30 p.m. for ages 8 and up. Cost is \$30 per month for children and \$35 per month for adults.
• Welcome Wagon Program is held 6 to 7 p.m. for ages 13 to 18.
• Keystone Club is held 7 to 8 p.m. for ages 13 to 18.

Thursdays:

• Tap, jazz and ballet dance class is held 4 to 4:45 p.m. and 5 to 5:45 p.m. for ages 5 to 8. Cost is \$24 per month.
• Smart Moves is held 6 to 7 p.m. for ages 6 and up.
• Hispanic Heritage Class is held 7 to 8 p.m.

Friday:

• Skate Night is held 6 to 7:30 p.m. for children 3rd grade and below and 8 to 9:30 p.m. for children 4th grade and up, unless otherwise noted. The cost is \$3 for members and \$5 for non-members.

• Midnight Basketball is held 10 p.m. to midnight at no cost.

Saturday:

• Every other Saturday, candybar bingo is held 2 to 3 p.m. and a mid-day movie is held 3:30 to 5:30 p.m. For more information, call 754-KIDS.

tors. They want a qualified volunteer interesting in teaching this valuable subject at the FSC. For more information, call Don Divis at 754-5749.

Resume Writing A federal resume writing seminar is 10 a.m. to noon Tuesday at the FSC. Learn how to develop a resume to market your skills for federal employment and how to complete the federal application process. Registration is required. For more information and to register, call 754-3154 or visit <http://public.mcguire.af.mil/fsc>.

Financial Management

Attend "A Guide to Financial Management" 9 to 11 a.m. Thursday at the FSC. Attendees will learn the key steps necessary to making financial dreams a reality. Registration is required. For more information and to register, call 754-3154 or visit <http://public.mcguire.af.mil/fsc>. ATWIND event.

Race Volunteer Enjoy a "front row seat" to the top cycling teams on the East Coast. Volunteer to be race marshals for the Mount Holly-Smithville Grand Prix bicycle race at 9:45 a.m. July 31. Marshals are asked to keep the course clear of traffic when the race caravan is moving pass their area. The race lasts about three hours. Each marshal will receive a packet which includes a safety vest, instructions and a T-shirt. Food and beverage is provided and an official van will periodically circle the course to assist you. For more information or to volunteer call Dottie Spellman at 654-0563 or Capt. Renita Menchion at 754-2104.

SPIRITUAL

Catholic services Daily Mass is 11:35 a.m. Monday through Thursday at Chapel I. Weekend Mass is held 5 p.m. Saturday and 9 a.m. Sunday at Chapel I. For more information, call 754-HOPE.

Islamic community Zhur prayer service is noon Monday through Friday at the Fort Dix Chapel. For more information, call 754-HOPE.

Jewish community

Jewish community Sabbath worship is 6:30 p.m. the first and third Friday of each month at the Fort Dix Chapel. For more information, call 754-HOPE.

SELF IMPROVEMENT
Volunteer needed The FSC is seeking certified self-defense instruc-

Team McGuire gets a lift with Share-a-Ride

By Airman 1st Class Rachel Martinez
Staff Writer

Bus stop shelters have popped up on base, but they aren't for a new bus service. The sheltered stops are to accommodate people who are waiting on members of the McGuire community to share their ride.

McGuire's Share-a-ride program encourages motorists on base to offer a ride to individuals without a means of transportation.

The two-month-old program features three sheltered stops. The stops are located across the street from the Base Exchange on Broidy Ave., in front of the temporary lodging facility on Tuskegee Airman Ave. and one parallel to the base theater parking lot.

A number of Team McGuire members without transportation have taken advantage of the new service offered to them. One of them is Staff Sgt. William Muir, 305th Operation Support Squadron.

"My driving privileges were suspended," he said. "I was going to the BX and entered the stop in front of the base theater. I waited less than a minute for someone to stop. The driver was nice and courteous and we just talked about whatever on the way."

Others have tried the program with no success. Two months ago, Staff Sgts. Michael Fazzio and

James Coching, 305th Civil Engineer Squadron, found themselves needing a ride back to their shop. They entered the Share-a-ride shelter stop on Tuskegee Airman Ave at 4 p.m. and waited.

"We waited for about 10 minutes," said Sergeant Fazzio. "About 30 cars passed us. No one stopped. People even looked at us while we were standing in the shelter."

Sergeants Fazzio and Coching never made it to their destination using Share-a-ride, but they are not discouraged from trying it again.

"The problem is that people need to start helping others out from time to time," Sergeant Fazzio said. "A lot of people, not all of them, won't take two minutes out of their time to help others."

One individual who has taken plenty more than two minutes to help others is Maj. Chris Hall, 305th

Operations Group. He has given 10 rides since the program began. He also stops people who are walking and asks if they need a ride anywhere.

"I give rides because I am often TDY and don't have a car on the road," explained Major Hall. "I know what it is like to not have a car, and I end up spending a lot of time walking at other bases."

The most common rides needed are maintenance airmen going between the flightline and the dorms and passengers going between the passenger terminal and billeting, according to Major Hall. He encourages others to share their ride, because they never know when they are going to be in the same position needing a ride. He also says that it doesn't cost more gas to carry someone where you are going anyway.

In order for the program to be a success everyone needs to get involved, according to Chief Master Sgt. Roger Ball, 305th Air Mobility Wing command chief.

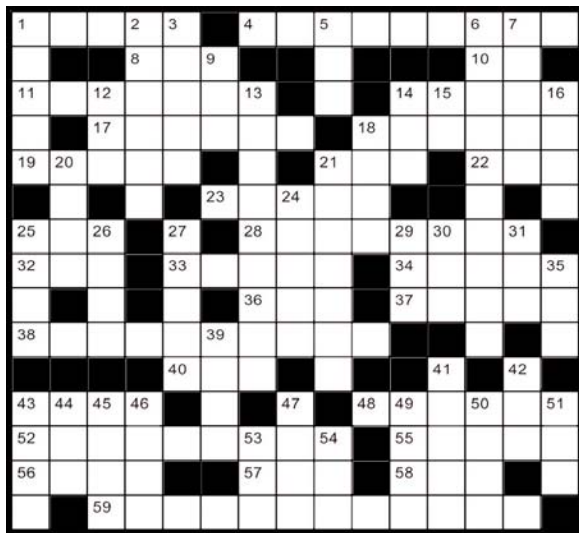
"Individuals need to be assured that if they need a ride and step into one of these shelters someone will stop," he said. "There is no excuse for someone to drive by a shelter with someone in it and not stop. We are a team here at McGuire, and we need to show it."

The bottom line, according to Major Hall, Sergeant Fazzio and Chief Ball, is that we need to take care of each other.

Share your ride.



Crossword: Number your Air Force



By 1st Lt. Tony Wickman

ACROSS

1. NAF headquartered at Tyndall AFB, FL
4. NAF headquartered at F.E. Warren AFB, WY

8. Questioning remarks?

10. Formulae of unique exemption, briefly
11. Giving strength
14. Authorizes, as legislation

17. Third largest island in the world
18. NAF headquartered at Barksdale AFB, LA
19. Either of two large African antelopes
21. Petty NASCAR sponsor
22. Article
23. Embattled
25. Morgue arrival, briefly
28. Paybacks
32. AF deployment code for an IDO
33. Angry
34. NAF headquartered at Shaw AFB, SC
36. 2,000 lbs
37. Key on a computer
38. NAF headquartered at Vandenberg AFB, CA
40. Towel marker
43. Iowa city
48. NAF headquartered at March AFB, CA
52. NAF headquartered at Aviano AB, Italy
55. Ascertain
56. Singing group Kingston ____

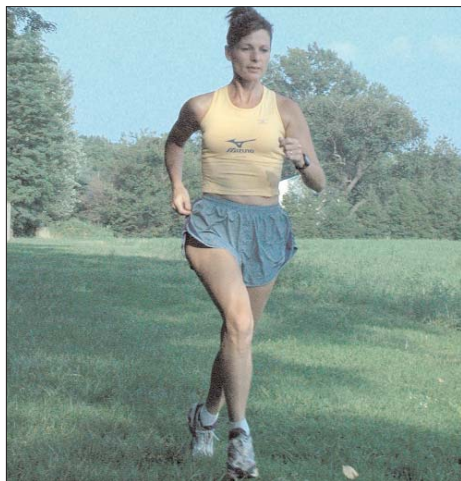
57. AF list for entry into restricted area
58. German one
59. NAF headquartered at Dobbins ARB, GA

DOWN

1. Allegory
2. NAF headquartered at Keesler AFB, MS
3. NAF headquartered at RAF Mildenhall, England
5. Terminate
6. NAF headquartered at Scott AFB, IL
7. NAF headquartered at Carswell ARS, TX
9. Shannon, Ireland airport abbrev.
12. Lawyer's org.
13. Creates
14. Small drink
15. USAF org. concerned with complaints
16. Cast off
18. Designates diminutives
20. Despoil
21. NAF headquartered at

- Osan AB, Korea
24. First native-born American to be canonized
25. Homer's favorite elixir
26. Org. concerned with American rights
27. NAF headquartered at Yokota AB, Japan
29. Compass dir.
30. A type of mill?
31. Sault ____ Marie
35. Univ. degree program concerned with people
39. Ireland of old
41. Type of cabinet
42. Vehicle for off-roading
43. Movie dog
44. Former Russian orbiter
45. Leave
46. Hide away
47. Halt
49. Oil org.
50. Actor Munro of Cop Land
51. Female chick
53. Clear, as in money
54. Dept. run by Secretary Tom Ridge

Solid Performer



Master Sgt. Terry Luzader
76th Air Refueling Squadron

In order to keep in shape I: I make fitness an integral part of my life. I always feel better, experience less stress and perform better as an Airman when I am fit.

The biggest mistake people make when it comes to fitness is: They set their short-term goals too high. When you try to get in shape too fast or lose weight rapidly you place great demands on your body. Often your body can't meet these demands and the result is low energy, poor motivation or injury. The key to success is to slowly increase the intensity of your training and allow your body to fully recover between workouts. Incremental gains in fitness accompanied with slow weight loss are the cornerstones to long term fitness.

My biggest personal fitness achievement is: becoming a seated masters runner sponsored by Mizuno. I presently run for the Haddonfield Running Co. racing team.

My personal motivation is: This is a tough question. Once fitness becomes a lifestyle the rewards tend to be intrinsic; however, I do enjoy competitively racing against women 20 years younger than I am.

My advice to others when it comes to fitness is: Take a holistic approach toward your fitness. Avoid fad diets and crash exercise routines. Go slowly and make subtle lifestyle changes in diet and exercise. Give yourself three months and you will be amazed how these subtle changes effect your energy level and appearance. Don't limit yourself to one sport or exercise. Most importantly, if it isn't fun and you find yourself dreading your next workout then you are probably training too hard or too often. Remember that Rome wasn't built in a day.

One thing members can do at home is: Include your family! Jog, walk or bike ride with your spouse. If you can't have an enjoyable conversation then you are probably going to fast. More importantly, ask your kids to put away their Play Station for an hour and come along with you. Obesity in children is a real problem in America. Often this problem stems from poor lifestyle choices. Our children emulate and reflect our habits. Start today and be an example for them.



Photo by Brian Dyjak

GOLF SWING

Erin Dawe, Team McGuire member, takes a swing at a golf ball during the Drug Free KIDS 4 GOLF Seminar that took place at the Falcon Creek Golf Course July 14. More than 40 young people participated in the event that included golf instruction and a film about staying drug free. The event was sponsored by the Air Forces Link Up to Golf Program. "Our goal is to develop comprehensive programs consisting of education, prevention, deterrence and community outreach in support of the President's National Drug Control Strategy," said Titas Welcome, 305th Medical Operations Squadron Life Skills specialist.

Intramural softball standings

As of Monday

Team

Division 1

	W/	L/	T
Logistics Readiness Squadron	9	2	
Air Mobility Warfare Center	8	2	
621st Air Mobility Operations Group	7	2	
305th Aircraft Maintenance Squadron	6	3	
Communications Squadron	5	5	
Civil Engineering I	5	6	
Medical Group	5	6	
108th Air Refueling Wing	4	7	
305th Maintenance Squadron I	2	8	
605th Aircraft Maintenance Squadron	1	8	

Division 2

Security Forces Squadron	8	0	
305th Mission Support Squadron	7	1	
Aerial Port Squadron	7	2	
CES II	4	4	
Operations Support Squadron	2	5	
32/2/6 Refueling Squadrons	2	5	
305th CONS/CPTS	2	5	
305th MXS II	2	5	
Services/ Maintenance Operations	1	6	

Women's division

621st AMOG/CS	6	0	2
514th Air Mobility Wing	3	4	1
32/2 ARS	3	3	
Logistics Readiness Squadron	2	4	1
MDG	2	5	

Duathlon results

Participants ran a 1.5 mile run around the base, then rode a 12-mile bike course around the base, and finished with another 1.5 mile lap. The top two men and women each received a Air Force Cycling logo hat and towel, and all participants were given t-shirts.

Jesse Arnstein	51:30	Kristin Petersen	58:48
Daniel Kamieniecki	52:54	Amanda Goyet	61:54
James Phelan	54:24	Drew Wollenzin	66:03
Davis Sanchez	58:32	Darin Sandin	66:20

WELLNESS TIP

Fitness = Readiness = Health

Physical inactivity is a more specific predictor of a shortened life span than smoking, high blood pressure and heart disease

- ✓ Every two-minute decrease in the time it takes to run one mile reduces the risk of death by 12 percent.
- ✓ The fittest people have the lowest risk of death regardless of underlying conditions.
- ✓ Regular exercise warrants at least as much attention as smoking cessation and control of high blood pressure.



SOURCE: AMC, Command Surgeon Office

Infographic by Tech. Sgt. Mark Diamond